

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

FEBRUARY 2009

Erin R. Graziani – Director
Jean Baseel – Assistant Director

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionist – MaryAnne Mandell,
Marcie Berticelli

TELEPHONE NUMBER

870 – 3133

Transportation Program Secretaries:
Florence Brennan, Susan Shepard

TRANSPORTATION
870 – 3137

Van Drivers: Peggy Anderson, Annette
Heim, and Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 am – 6:00 pm

Tues – Thurs: 8:30 am – 4:00 pm

Friday: 8:30 am – 1:30 pm

NOTES FROM THE DIRECTOR:

Is it spring yet!!! What will Mr. Groundhog say this year! I would like to thank everyone who is contributing and making our senior center so successful. With all of us working together, we are seeking our goals. Look inside our February newsletter for some new activities we are offering. On a sad note, we extend our deepest sympathy to the family of our dear friend, Phyllis Morrill, who passed away this past January. Phyllis had been an active part of our Ellington Singers sharing her *beautiful* voice with us. We will miss her.

Erin

ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

Transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMATS is offered Monday - Thursday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center, shopping, to the "Out to Lunch" program and occasional evening events. Please request your transportation packet by calling the Transportation Line at 870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m.

Note: When you sign up for van transportation you must commit to a round trip. **ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.**

ELDERLY OUTREACH MUNICIPAL AGENT – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131****MEDICARE NEWS:**

It is not too late to enroll into a Medicare Advantage Plan for 2009! Enrollment for these special plans has been extended until March 31, 2009.

These types of plans incorporate Medicare Part A, B, & D (prescription medication plan) all into one plan. These types of plans provide beneficiaries with all of the benefits of traditional Medicare, as well as some benefits that traditional Medicare does not provide. If you are considering changing to a Medicare Advantage Plan, please contact Anna L. Turner at 870-3131 for further information on plans available in Tolland County.

TRIAD SENIOR SAFETY NEWS:**A monthly news tidbit . . .**

Spring “scams” are just around the corner! Please be wary of calls to do home repairs, driveway repairs, new roofs, etc. Take the callers name and phone number and check with the Better Business Bureau at phone number 1-(203) 269-2700; Monday – Friday from 9:00 am – 12:00 pm or 1:00 pm – 4:00 pm to inquire if the contractor has any complaints filed against them. **Remember if the offer seems “too good to be true” then it probably should be checked into before you sign any contract or give the contractor any money!** If a contractor comes to your door and gives you a lot of sale pressure or is intimidating, call the police for assistance. Ellington Resident Trooper’s Office phone number is 875-1522.

National Wear Red For Women Day – February 6, 2009. Join millions of women, as well as companies, organizations and cities across America on National Wear Red Day. Wear red and make a donation, you will help the American Heart Association support ongoing research and education about women and heart disease.

PHONE NUMBERS TO REMEMBER:**Director of Human Services:** Doris Crayton: (860) 870-3128**First Selectman:** Michael P. Stupinsky: (860) 870-3100**Resident State Trooper:** Sergeant Konieczny: (860) 875-1522**When Inclement Weather Arrives: Note**

- When the Ellington schools are closed: The Senior Center will be closed
- When the Ellington schools have a delayed opening: The Senior Center will also be delayed in opening
- When the Ellington schools have early dismissal: The Senior Center will dismiss early
- There will be no transportation supplied on those days the Senior Center is closed
- **Please stay tuned to Channels 3, 8, and 30 for updates**

BALLROOM/POLKA SOCIAL – Every Friday afternoon from 1:00 p.m. – 3:00 p.m. Join instructors Amelia and Adam as they demonstrate/teach dancing. No van service is available.

BETTER AGE CLUB - Meet the second and fourth Thursday of the month at 1:00 p.m. at the Senior Center. Van service is available.

FEBRUARY 12, 2009 Business Meeting – Sherwood Merck: Crafting and display of doll houses

FEBRUARY, 26, 2009 **SURPRISE!!! BINGO**

CARDS AND GAMES:

Bridge: Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta

Canasta – “King’s Row”: Join Barbara Donohue and friends every Thursday at 1:00 p.m.

Evening Cards: (Setback): Tuesdays and Saturdays at 7:00 p.m.

MahJongg: Come join in the fun! Every Monday at 1:00 p.m., and every Friday at 10:00 a.m.; see Sylvia Kravitz or Anne St. Onge

Pinochle: Every Friday at 6:00 p.m.; see Bob Karlowicz (or alternate coordinators, Carl Larson and Marion Hoffman)

ELLINGTON SINGERS – A note from Maureen Webber: If you like to sing, come share your voice with our “Ellington Singers”. Under the direction of Music Director, Barbara Caramante, they meet every Wednesday at 10:00 a.m. Van service is available.

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30 p.m. – 3:00 p.m.: Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor is Alcyone Brennan. Van service is available.

Podiatry Clinic – Held at the Senior Center on the first Wednesday of every month at 9:00 a.m. *Cost is now \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, February 4, 2009.

* **New Reminder - Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner's class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

PLEASE REMEMBER TO FILL OUT A CURRENT MEDICAL WAIVER FORM AND PAR-Q FORM FOR ALL THE ABOVE MENTIONED CLASSES. Forms are available from our receptionists, Mary Anne Mandell or Marcie Berticelli.

LINE DANCING – Join Amelia and Adam as they teach line dancing. Line dancing is held on Monday afternoons from 1:30 p.m. – 3:00 p.m.

MAMMOGRAM SCREENING – Eastern Connecticut Health Network (ECHN) presents “**The ACES Project**” at the Women’s Center for Wellness in South Windsor on Thursday, March 19, 2009 from 1:00 pm – 2:30 pm. Transportation, for Ellington residents only, will be provided by the Ellington Senior Center. If you would like to take advantage of our transportation services, contact the senior center by March 9, 2009. Phone number: 870-3133.

MONTHLY - BIRTHDAY LUNCH – Our next “Birthday Lunch” will take place on February 25, 2009 here at the senior center 12:00 p.m.. Save room for dessert!

MEMORIES AND CREATIVE WRITING – Will meet on Thursday, February 19, 2009 at the senior center. You will be contacted if any changes occur. The senior center will be closed, if the schools are closed, therefore, all scheduled activities are cancelled. Our meeting will begin at 2:00 pm and run to 3:30 pm.

MUSICAL INSIGHTS – Will begin the year 2009 on Monday, February 9, 2009 at 6:00 pm. A presentation by Mr. Jim Dixon will be given on the topic of “Liberace”. Mr. Dixon leads a wonderful oral repartee spiced with musical examples and visual examples. A highly entertaining and factual presentation serves this evening. Light refreshments will be served. All are welcomed to come and enjoy!

NUTRITION EDUCATION AND WEIGHT MANAGEMENT CLASSES - Reminder to all those who have signed up. Classes are scheduled: Tuesdays, February 3 & 10, 2009. A light lunch will be provided. The program continues to focus on nutrition, behavior modification, exercise demonstration, recipes, fat, fiber, calcium, and sodium information. Any questions pertaining to this class, call the North Central District Health Department at 745-0383.

OUT TO LUNCH: “Out To Lunch” is held at 1:00 pm

- February – Casey’s Restaurant, Ellington on 2/10/09
- March – Ellington Pizza on 3/10/09

SEW & SO/CRAFTS: Meets every Thursday morning at 9:30 am. Van service is available.

This is a group of women who come together once a week to work on crafts and share their ideas with other members of the group. Presently, the Sew and So crafters are looking forward to creating “*Angels*” for the 2009 Holiday Bazaar to be held this coming November, and also “*lap robes*” to be available to patrons who utilize our transportation services.

SHUFFLE BOARD – Every Wednesday at 2:00 p.m. Shuffle board is played in the main room of the Senior Center. Van service is available.

TRIPS:

On Friday, March 13, 2009. Come celebrate **St. Patrick's Day** with a luncheon and show starring "*The Kerry Boys*". Dine in an elegant setting at the Grand Oak Villa in Oakville, CT. Combining artistry and grace, a group of young and talented *Irish Step Dancers* will start the program off. After lunch enjoy the Irish music of The Kerry Boys. Cost is \$64.00 per person (includes all taxes and gratuities). Call the Ellington Senior Center at 870-3133 to reserve your spot.

Mark your calendars! The Ellington senior center proudly presents "*Southern Caribbean*" with Cunard Cruise Lines on the **QUEEN MARY 2!** Come and enjoy 11 days/10 nights aboard this magnificent ship. The cruise departs on Monday, November 30, 2009. The islands to be visited are St. Maarten, Barbados, Grenada, St. Lucia, and St. Thomas. **An initial deposit of \$300.00 per person is required by February 18, 2009. Any deposit after 2/18/09 will be \$600.00. Prices range from \$1,694 - \$2,079.00 depending on the type of room chosen.** For reservations or more information, please contact the Ellington Senior Center at 870-3133.

- An important meeting will be held on 2/5/09 at the Ellington Senior Center to discuss the Queen Mary 2 Trip. (Time: 3:00 pm)

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613

AMERICAN LEGION - Leonard Johnson – Services Officer at 871-1498

VETERAN'S AFFAIRS – State Representative – Ted C. Graziani at 240-8531

REMINDER: HOUSEKEEPING NOTES

*****Groups who use the tables in the main room with the table cloths on them. Must use the spray bottle with Clorox located under the kitchen sink after every use. Please make sure the table cloths are fully dry before putting away. It has been noted that the table cloths are not being cleaned after they are used, and are put away with stains.**

*****Per the Health Department – No using sponges to clean surfaces. Paper towels are to be used. On a separate note, coats, purses, or objects are not to be left on the tables in the main room area.**

Dishwasher – Please do not turn the dishwasher on in the evening. Staff will do so in the morning.

Refrigerator – Please be sure to label food for your program so it is only used for that particular event, keep items always covered, and **NOTE**, it is important to make sure you throw food away that has expired as to not clutter the refrigerator or freezer.

Microwave – Please make sure food is covered.

Kitchen – Please wipe all areas in the kitchen that have been used before your activity ends. Thank you!

